

Increase your muscle mass with protein and exercise!

Protein is the main component of your bones, organs, and muscles. Much of it is stored in your muscles, and when there is not enough, your muscle mass and strength decrease. Muscle weakness is not only a problem for the elderly, but also needs to be addressed from when you are in your 40s, as it can lead to diabetes and obesity if left untreated. Here are the latest research results on protein consumption.

Increase protein by 0.1 g per 1 kg of body weight

A study published in 2020 showed that increasing protein consumption by just 0.1 g per kilogram of body weight increases muscle mass by an average of 390 g in 2-3 months.

(Source: Nutr Rev. 2020 Nov 4;79(1): 66-75.doi: 10.1093/nutrit/nuaa104.)









Example calculation of protein to add by weight

- Person weighing 50 kg → 5 g
- Person weighing 60 kg → 6 g
- Person weighing 70 kg → 7 g

Example of Foods to Eat for Breakfast

Amount in red (g) indicates protein content

 Milk 1 glass (200ml) 6.6g	 Malt coffee (200ml) 4.4g	 Yogurt (100g) 3.6g
 Processed cheese (17g) 3.9g	 Boiled egg (50g) 6.3g	 Natto(fermented soybeans) (50g) 8.3g

(Reference: Standard Tables of Food Composition in Japan - 2020 - (Eighth Revised Edition))

Increase the protein in your breakfast

A study published in 2021 showed that the amount of protein alone was not important, and that muscles tended to grow if a considerable amount of protein is consumed for breakfast to match the circadian rhythm.

(Source: Distribution of dietary protein intake in daily meals influences skeletal muscle hypertrophy via the muscle clock (Cell Reports, July 6, 2021))



This is possible by drinking malt coffee instead of regular coffee, or eating an egg.

Let's walk!

To maintain and increase muscle mass, exercise is essential in addition to diet. First, start with walking.

(Source: HAJJII April 2021 issue, "How not to become frail")

Incorporate not only walking, but also exercises such as lower body squats, thigh raises, and standing on one leg!



Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage. <http://www.sonykenpo.or.jp/>

